COURSE DATE: April 20, 2019

TITLE: Therapeutic Breathing in Evidence-Based Practice: A Systems Model Approach to Treatment and Lasting Results

DESCRIPTION: The breath is an integral focus in virtually all yoga traditions because of its profound physiological effect on healthy body mechanics. Now, research shows that yogic breathing techniques accelerate therapeutic gains for numerous conditions, such as back pain, scoliosis, tonal issues, temporal mandibular joint problems, pelvic floor issues, and numerous circulatory and respiratory disorders – not to mention their calming and refocusing effects on patients during therapy.

This one-day seminar provides all the tools you need to evaluate respiration effectively, while illustrating what your standard examinations – focused on range of motion, posture, and balance – have been missing. The yogic breathing exercises taught in this course are applicable to a wide variety of patients, and adaptations for various stages of healing from injury and surgical procedures are covered in detail. Discover a systems model approach to treatment that produces lasting results, and learn hands-on, how to teach your clients anywhere, anytime exercises and body awareness skills that will keep them happy, healthy, and out of the clinic.

OUTCOMES:
- Assess client for proper ventilation
- Demonstrate proper breathing techniques
- Illustrate how the breath is important for clients with back pain, scoliosis, tonal issues, temporal mandibular joint problems, pelvic floor issues, scoliosis, anxiety, and numerous circulatory and respiratory disorders
- Educate clients about the impact of the core connections and diaphragm on the entire body
- Integrate breathing exercises in treatment of a variety of conditions
- Describe visual, tactile, and auditory treatment exercises that impact breath and body awareness

INSTRUCTOR: Michelle Lindsey – Wehner, PT, MBA, CPT, Certified KRI Yoga Instructor, REIKI Practitioner

Dr. Michelle Lindsey–Wehner's educational preparation and certification includes a a Bachelor of Science degree in Kinesiology at Indiana University; a Bachelor of Science degree in Physical Therapy at The Finch University of Health Sciences, Chicago Medical School, now known as Rosalind Franklin University; a Master of Business Administration in Health Care Management at the University of Phoenix; and her Doctorate in her Doctorate in Physical Therapy from Rosalind Franklin University. She is also a Certified Personal Trainer (CPT), KRI Yoga Instructor, a Level 3 Reiki Practitioner, and is certified in Tai massage and Dry Needling.

She is a licensed Physical Therapist in three states (Illinois, Arizona, and Colorado) and has over 20 years of experience. A member of the American Physical Therapy Association (APTA) as well its Arizona Chapter, she owns Rising Star Therapy Specialists, LLC, in Phoenix where she specializes in treating pediatric and adult special needs clients.

Throughout her career, Ms. Lindsey has worked as a therapist in various settings, including orthopedics, skilled nursing services, home health, outpatient, and acute care. She has been a guest speaker at the National Spinal Cord Injury Association Conference, the American Physical Therapy Association, the American Recreational Therapy Association, and was the keynote speaker for Rehab Summit in 2009, 2010, and in 2013. She has delivered numerous in-service trainings to schools, day programs, group homes, and state-operated agencies on physical therapy and exercise for persons with disabilities.

Register Online: http://bit.ly/ce11743
She has won national recognition in many areas of fitness. She was a competitive gold medal figure skater, an elite marathon runner on the 1997 United States Maccabiah Open Track and Field Team, a triathlete, and a professional speed skater.

Ms. Lindsey views her clients as unique individuals with varied skills and abilities. She inspires them to extend beyond their best efforts by providing a comfortable, compassionate and respectful environment in which they thrive. Currently, Michelle travels across the United States speaking on four seminar topics:

- Integrating Neurotherapeutic and Sensory Techniques into Therapy for the Special Needs Client;
- A Systems Model Approach to Improving Function, Posture and Scoliosis --Flexibility and Function;
- Yoga Therapy: Achieving Greater Awareness and Understanding for Healing Our Clients and Ourselves;
- Therapeutic Breathing in Evidence Based Practice

Her first book, *The Wellness Equation*, offers hands-on-postures and exercises that promote healing at the crossroads of modern medicine and traditional yoga. *The Metamorphic Gift: Easy, Simple Breathing and Postural Techniques to Transform Your Life* is a great book for self-healing that integrates the body with breathing and postural exercises using understandable anatomy and physiology. For more information, please visit [www.risingstartherapyspecialists.com/books](http://www.risingstartherapyspecialists.com/books).

**LEVEL:** Introductory  **AUDIENCE:** OTs, OTAs, PTs, PTAs, and ATs

**AGENDA:**

- **7:30 AM** Registration Opens
- **8:00 AM** Introduction
- **8:30 AM** Importance of Breath
  - Who are the best breathers? & Breath and Posture

**The missing links in our Standard Assessment/Evaluations**

- Breath
- Vision
- How the breath and vision can be used as part of our observation skills and in our treatments

- **10:00 AM** Breath/Posture/Function
  - Let’s talk about the Diaphragm and its relationship to the core
  - The Core= Our Powerhouse
  - Local vs. global muscles
  - What is connective tissue?
  - The organ of posture and breath
  - And the true core is …….?
  - Systems model approach—medicine today: Somatic psychology, Fascia connections, Acupuncture and acupressure, Understanding how this model works in therapy today, Video—Revolutionizing your health
  - The Yogic Perspective on the core and its relation to the systems model theory
  - The limbs of yogic philosophy
  - Chakras and meridians—medical vs. yogic model
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- The Navel center (the core) and how to find it
- How all of the yogic parts are tools to connect the entire body

10:45 AM Break
11:00 AM Looking at the core from an anatomical systems perspective
- Circulatory system
- Respiratory system
- Lymphatic system
- Digestive system
- Endocrine system
- Nervous system
- Musculoskeletal system

12:00 PM Lunch (on your own)

1:00 PM Body Awareness – Understanding who you really are at your core; The Body’s Connection for Healthy Living
Examining how body parts connect through awareness and knowledge
- The Power of the core if activated correctly & Healthy sitting

2:00 PM The Core and its Connections
- Musculoskeletal connections
- Activation of the core/breath using sensory cues (the brain-body analogy)

3:15 PM Break
3:30 PM Proper Ventilation
- Benefits of proper breathing
- The importance of the breath in disease prevention
- Understanding the Biomechanics of the ventilation system
- Lung Volumes/Capacities-Spirometry
- Conscious vs. Unconscious breathing
- Long deep breathing
- Breath and Vocalization
- Nasal breathing
- Posture and breath in patient populations- special needs, geriatrics, pregnancy, back patients

Research Supporting the Benefits of proper ventilation in disease prevention - Asthma, COPD, PTSD, Back pain, Arthritis, etc. - Case study- David’s story

4:00 PM Are we using the breath correctly with exercise?
- Becoming aware of the breath
- Teaching different breathing techniques to help with disease- breath of fire, cannon breath, whistle breath, sitali pranayama, breath walk, one minute breath
- Teaching clients to breath correctly- ovarian breath, birthday candles
- Exercising- stretches, strengthening using the breath correctly (yogic postures)
- How to use the breath in a meditation practice

4:30 PM Question and Answer; Adjourn

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REQUARED COURSE MATERIALS: Lab Attire: Attendees should wear comfortable clothing. Layers are recommended as room temperatures may vary. Please bring a yoga mat.

FOCUS:
Domain of OT: Client Factors  Occupational Therapy Process: Evaluation and Intervention

COURSE #: 11743

PRICE: Early Price $255 (On or Before 3/20), Standard Price $295 (After 3/20)

CEU's / CLOCK HOURS: 0.75 CEU's (7.5 Clock Hours)

LOCATION:
UW-Milwaukee Continuing Education
Plankinton Building, 7th Floor
161 West Wisconsin Avenue
Milwaukee, WI 53203

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